

My Wishes: documenting what matters most to you

What Is My Wishes?

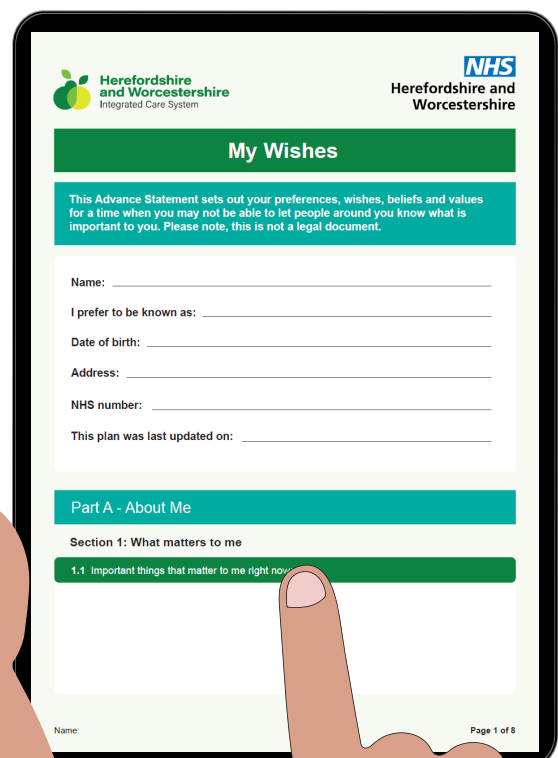
Within Herefordshire and Worcestershire, My Wishes is a form that allows you to plan and write down your preferences and wishes, helping you to inform healthcare professionals, family and friends about what matters most to you. In some places, it is also called an Advance Statement.

Completing My Wishes will help your family, friends and carers know what is important to you, at a time when you might not be able to communicate.

Recording your preferences for care and what you would like to happen at the end of your life will help you to feel more in control and reassured that your wishes will guide decisions made by those caring for you, giving you peace of mind.

My Wishes is a patient-held document. It is easy to complete and available in different formats, so you can keep a digital or paper copy.

Please turn overleaf for information on where you can find My Wishes



The image shows a hand holding a tablet displaying the 'My Wishes' form. The form is titled 'My Wishes' and includes the following sections and fields:

- Header: Herefordshire and Worcestershire Integrated Care System and NHS Herefordshire and Worcestershire.
- Section: My Wishes
- Text: This Advance Statement sets out your preferences, wishes, beliefs and values for a time when you may not be able to let people around you know what is important to you. Please note, this is not a legal document.
- Fields: Name: _____, I prefer to be known as: _____, Date of birth: _____, Address: _____, NHS number: _____, This plan was last updated on: _____.
- Section: Part A - About Me
- Section 1: What matters to me
- Section 1.1: Important things that matter to me right now
- Page number: Page 1 of 8

Where can I find the My Wishes form?

1 The ICS Website

You can download a copy of My Wishes from the ICS website at: www.hwics.org.uk/our-services/care-last-year-life

Remember to save a copy once you have completed the form. Consider sending a copy to a relative or the person who cares for you so that they have a copy.

The website has more information about advance care planning which you might find useful.



2 The Patient Portal

If you're registered with a GP practice in Herefordshire and Worcestershire, you can complete a digital copy of My Wishes in the new patient portal.

To access the portal or to create an account, scan the QR code.



or visit: <https://app.maiacares.com/myhealthandwellbeing>

1. Click on 'My health'
2. Click on 'Advance care plans' where you will find My Wishes

For more information, including videos showing how to register to the patient portal, please visit:

<https://www.hwics.org.uk/priorities/digital-innovation/patient-portal>

3 Your GP Practice

If you don't have access to the internet, ask your GP practice for a paper copy of the My Wishes form for you to complete.

The image shows a sample of the 'My Wishes' form. At the top left is the logo for Herefordshire and Worcestershire Integrated Care System. At the top right is the NHS logo and 'Herefordshire and Worcestershire'. The title 'My Wishes' is in a green box. Below it is a teal box with text: 'This Advance Statement sets out your preferences, wishes, beliefs and values for a time when you may not be able to let people around you know what is important to you. Please note, this is not a legal document.' Below this are several fields: 'Name: _____', 'I prefer to be known as: _____', 'Date of birth: _____', 'Address: _____', 'NHS number: _____', and 'This plan was last updated on: _____'. Below these fields is a section titled 'Part A - About Me' with a sub-section 'Section 1: What matters to me'. Underneath is a green box with the text '1.1 Important things that matter to me right now:' followed by a large white box for writing. At the bottom left, there are fields for 'Name:' and 'DOB:'. At the bottom right, it says 'Page 1 of 8'.

If you need this leaflet in another format, please email: hw.comms@nhs.net.